

# Healthy Mothers *healthy* babies

*"Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking outside your body."*  
Elizabeth Stone, High school literature teacher, author and mother

Every day in  
Oklahoma...  
138 babies are born

- 6 of the babies are born to girls who are 17 or younger
- Nearly 2 out of every 5 babies are born without adequate prenatal care
- 11 of the babies are born weighing five pounds or less



## *Women's Health Matters!*

The health and well being of a woman, especially her weight prior to conception, greatly impacts her pregnancy and ultimately the health of her infant. Experts agree that maternal and infant outcomes improve when women are healthy prior to pregnancy, old enough to be ready to parent, receive high quality prenatal care and breast feed their children.

### What We Know:

- Oklahoma continues to rank above the national average in Infant Mortality
- Access to and utilization of prenatal care is not enough when trying to impact maternal and infant outcomes
- Maternal obesity is a major contributor to maternal and infant morbidity and mortality
- Many women in Oklahoma are not yet connecting their own health with the health of their families

### Women in Oklahoma:

- 23-28% are uninsured
- Over 50% experience unplanned pregnancies
- Only 13% receive any type of counseling or advice to prepare for becoming pregnant
- 33% are overweight or obese prior to pregnancy



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*Taking action to impact women's health and improve infant outcomes*



healthy mothers, healthy babies™

## Oklahoma

*Healthy Mothers  
healthy babies*

## Coalition

### Our Goals

- To increase women's access to and utilization of a medical home
- To increase public and provider awareness of the impact women's health has on maternal and infant outcomes
- To increase awareness and participation in the Oklahoma Healthy Mothers Healthy Babies Coalition

Oklahoma Healthy Mothers, Healthy Babies Coalition (OKHMHB) is a recognized leader and resource in maternal and child health. The Coalition is a catalyst for change and creates partnerships among community groups, nonprofit organizations, professional associations, businesses and government agencies. By promoting optimal health for every mom and baby, the Coalition works to strengthen families and build healthy communities.

Oklahoma Healthy Mothers Healthy Babies raises public awareness on the importance of women's health, quality prenatal care, good nutrition and the promotion of breastfeeding, as well as avoiding the dangers of drugs, alcohol and smoking. The Coalition cares about all women in Oklahoma and is working to improve the health and safety of women, mothers, babies and their families through public education, advocacy and collaboration.

*“Action is the catalyst that creates accomplishments. It is the path that take us from uncrafted hopes to realized dreams.”*

*Thomas Huxley*

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